

Updated April 2025						
100m	M35	10.52	Gavin	Smellie	29-May-22	Bob Vigers Classic - London
100m	M40	11.45	Nigel	John	6-August-2015	WMA Championships, Lyon, FR
100m	M45	11.52	Michael	Lee Foon	17-Jul-07	Toronto, ON
100m	M50	11.42	Kerry	Smith	5-Aug-2005	Toronto, ON
100m	M55	11.81	Kerry	Smith	30-Jun-2009	York Twilight #3
100m	M60	12.40	Kerry	Smith	27-June-2015	OMA Champs Terry Fox Stadium Brampton ON
100m	M65	12.93	Tony	Powell	31-May-2009	East Regionals Brockville
100m	M70	13.24	John	O'Neill	5-Jul-1994	Raleigh, NC
100m	M75	13.40	John	O'Neill	1999	OMTFA Championships
100m	M80	15.14	Tony	Powell	29-Jun-24	OMA Championships
100m	M85	18.67	Bill	Thompson	3-Oct-2015	Nevada Senior Games, Las Vegas, NV
100m	M90	22.50	Karl	Trei	1999	OMTFA Championships
100m	M95	25.63	Atter	Singh Sekhon	4-August 2018	CMA Champs, South Surrey, BC
100m	W35	11.86	Paula	Suchowiecka	15-Aug-24	WMA Championships Gothenburg
100m	W40	12.59	Khama	Beckles	7-August-2015	WMA Championships, Lyon, FR
100m	W45	13.31	Violeta	Garfunkel	20-July-2019	NCCWMA Champs, Varsity Stad, Toronto, ON
100m	W50	12.90	Karla	Del Grande	5-Aug-2006	Charlotte, NC
100m	W55	13.32	Karla	Del Grande	11-Jul-2009	USATF Oshkosh
100m	W60	13.63	Karla	Del Grande	19-JULY-2014	US Masters Champs, Winston-Salem, NC
100m	W65	13.91	Karla	Del Grande	11-August-2018	NACAC Masters Exh, Varsity Stad, Toronto
100m	W70	14.7	Karla	Del Grande	13-Aug-24	WMA Championships Gothenburg
100m	W75	18.0	Isobel	Cunningham	6-Aug-1991	OMTFA Championships
100m	W80	22.61	Isobel	Cunningham	1996	OMTFA Championships
100m	W85	23.78	Isobel	Cunningham	1999	OMTFA Championships
200m	M35	21.14	Gavin	Smellie	21-May-2022	Johnny Loaring Classic - London
200m	M40	23.11	Lawrence	Williams	July, 2011	WMA Championships, Sacramento, CA
200m	M45	22.87	Kerry	Smith	3-Aug-1999	Gateshead, GBR
200m	M50	23.21	Kerry	Smith	7-Aug-2005	Toronto, ON
200m	M55	24.45	Kerry	Smith	2009	WMA Champs Lahti
200m	M60	25.72	Tony	Powell	9-Jul-2005	CMAA Championships Toronto
200m	" "	25.72	Kerry	Smith	13-July-2014	CMA Champs, Varsity Centre, Toronto, ON
200m	M65	26.53	Tony	Powell	2009	OMA Championships

200m	M70	28.48	Tony	Powell	13-July-2014	CMA Champs, Varsity Centre, Toronto, ON
200m	M75	30.72	Earl	Fee	2006	OMTFA Championships
200m	M80	32.35	Earl	Fee	August 2010	NCCWMA Championships, Mayaguez PR
200m	M85	35.69	Earl	Fee	17-20 July-2014	US Outdoor Champs, Winston-Salem, NC
200m	M90	39.34	Earl	Fee	21-July-2019	NCCWMA Champs, Varsity Stad, Toronto, ON
200m	M95	52.87	Atter Singh	Sekhon	5-August-2018	CMA Champs, South Surrey, BC
200m	W35	24.47	Paula	Suchowiecka	19-Aug-24	WMA Championships Gothenburg
200m	W40	26.62	Khama	Beckles	10-August-2015	WMA Championships, Lyon, FR
200m	W45	27.59	Violeta	Garfunkel	20-July-2019	NCCWMA Champs, Varsity Stad, Toronto, ON
200m	W50	26.22	Karla	Del Grande	10-Jul-2005	Toronto, ON
200m	W55	27.74	Karla	Del Grande	08-July-2012	Flying Angels T&F Classic, Toronto, ON
200m	W60	28.11	Karla	Del Grande	October, 2013	WMA Championships, Porto Alegre, BR
200m	W65	28.53	Karla	Del Grande	5-August-2018	CMA Champs, South Surrey, BC
200m	W70	30.05	Karla	Del Grande	30-Jun-24	OMA Championships
200m	W75	39.94	Isobel	Cunningham	12-Aug-1990	Montreal, QC
200m	W80	51.86	Aileen	Burgin	30-Jun-24	OMA Championships
400m	M35	47.64	Ray	Cardinal	??-Aug-1984	Phoenix, AZ
400m	M40	50.10	Ian	Newhouse	8-Aug-1997	San Jose, CA
400m	M45	51.26	Mike	Sherar	2009	WMA Champs Lahti
400m	M50	53.07	Mike	Sherar	19-July-2014	US Masters Champs, Winston-Salem, NC
400m	M55	55.65	Mike	Sherar	26-May-2019	Hamilton Twilight #1, Hamilton, ON
400m	M60	59.0	Earl	Fee	1989	OMTFA Championships
400m	M65	57.97	Earl	Fee	26-Jul-1995	Buffalo, NY
400m	M70	1:02.49	Earl	Fee	12-Jun-1999	OMTFA Championships
400m	M75	1:06.73	Earl	Fee	9-Jul-2005	Toronto, ON
400m	M80	1:10.64	Earl	Fee	1-May-2009	SE USATF Raleigh NC
400m	M85	1:17.12	Earl	Fee	12-July-2014	CMA Champs, Varsity Centre, Toronto, ON
400m	M90	1:29.15	Earl	Fee	19-July-2019	NCCWMA Championships, TTFC, Toronto, ON
400m	M95	2:35.90	Atter Singh	Sekhon	4-August-2018	CMA Champs, South Surrey, BC
400m	W35	57.13	Sarah	Katz	27-May-2014	Twilight #3, Varsity Centre, Toronto, ON
400m	W40	61.83	Maureen	Rodrigue	2005	OMTFA Championships
400m	W45	64.01	Nancy	Catton	12-August-2015	WMA Championships, Lyon, FR

400m	W50	59.84	Karla	Del Grande	2-Sep-2005	WMA Champs, San Sebastian, ESP
400m	W55	1:04.89	Karla	Del Grande	23-June-2012	Asian Community Games, TTFC, Toronto, ON
400m	W60	1:06.24	Karla	Del Grande	October, 2013	WMA Championships, Porto Alegre, BR
400m	W65	1:08.08	Karla	Del Grande	12-July-2019	AO Champs Series #3, TTFC, Toronto, ON
400m	W70	1:16.72	Karla	Del Grande	29-Jun-24	OMA Championships
400m	W75	1:52.47	Maureen	Teixeira	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
800m	M35	1:49.76	Freddie	Williams	20-MAY-1997	Victoria Int'l Classic, Victoria, BC
800m	M40	1:55.76	Rich	Tremain	July, 2011	WMA Championships, Sacramento, CA
800m	M45	1:55.34	Mike	Sherar	07/20/2010	Varsity Centre, Toronto, ON
800m	M50	2:01.06	Mike	Sherar	23-June-2014	Hamilton Twilight #1, Hamilton, ON
800m	M55	2:04.20	Jim	Dyck	22-August-2020	310 Running Invite #2, Bolton, ON
800m	M60	2:14.4	Earl	Fee	1989	OMTFA Championships
800m	M65	2:14.33	Earl	Fee	22-Jul-1995	Buffalo, NY
800m	M70	2:20.52	Earl	Fee	17-Jun-1999	Hamilton, ON
800m	M75	2:36.28	Earl	Fee	29-Aug-2005	San Sebastian, ESP
800m	M80	2:48.95	Earl	Fee	2009	OMA Championships
800m	M85	3:09.10	Earl	Fee	13-July-2014	CMA Champs, Varsity Centre, Toronto, ON
800m	M90	3:34.93	Earl	Fee	23-June-2019	OMA Champs, Varsity Centre, Toronto, ON
800m	W35	2:04.96	Sasha	Gollish	13-May-2017	Portland Twilight, Portland, OR
800m	W40	2:21.09	Faith	Nesdoly	2001	OMA Championships
800m	W45	2:11.42	Aimee	Jessop	16-Jul-24	York 800 Night
800m	W50	2:25.58	Annie	Bunting	18-June-2015	Hamilton Twilight #1, Hamilton, ON
800m	W55	2:35.05	Rita	Quibell	19-June-11	CMA Championships, Varsity Centre
800m	W60	2:43.17	Alison	Wiley	15-Aug-24	WMA Championships Gothenburg
800m	W65	2:54.67	Jean	Horne	2001	OMA Championships
800m	W70	3:04.44	Jean	Horne	17-Aug-2003	Richmond, BC
800m	W75	4:36.58	Jean	Doench	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
1500m	M35	3:42.43	Kevin	Sullivan	11-Apr-2009	Seminole Inv. Tallahassee FL
1500m	M40	3:54.80	Rich	Tremain	30-June-2011	RCLDS #5, London, ON
1500m	M45	4:05.16	Alain	Boucher	9-Jul-2008	Ottawa Twilight
1500m	M50	4:16.34	Paul	Osland	5-November-2016	WMA Championships, Perth, AU
1500m	M55	4:22.25	Jim	Dyck	12-Sept-2020	NOC Mini Meet #2, St Catharines, ON
1500m	M60	4:35.71	Simon	Rayner	20-Jul-24	AO Open Championships

1500m	M65	4:46.5	Ed	Whitlock	6-Sep-1997	Toronto, ON
1500m	M70	5:07.90	Ed	Whitlock	3-Aug-2003	Kitchener, ON
1500m	M75	5:26.03	Ed	Whitlock	3-Jun-2007	OMTFA Championships
1500m	M80	5:48.93	Ed	Whitlock	July, 2011	WMA Championships, Sacramento, CA
1500m	M85	6:38.23	Ed	Whitlock	13-August-2016	CMA Champs York Lions Stadium Toronto ON
1500m	W35	4:07.70	Sasha	Gollish	18-May-2017	USATF Distance Classic, Los Angeles, CA
1500m	W40	4:16.46	Sasha	Gollish	5-June-2022	La Classique D'Athlétisme de Montréal
1500m	W45	4:47.88	Courtney	Babcock	16-Sept-2018	WMA Championships, Malaga, ESP
1500m	W50	5:01.38	Liz	Maguire	19-June-2019	Ottawa Twilight #2, Ottawa ON
1500m	W55	5:12.62	Kathryn	Martin	14-Sep-2007	Misano-Adriatico, ITA
1500m	W60	5:35.44	Alison	Wiley	13-Aug-24	WMA Championships - Gothenburg
1500m	W65	6:10.03	Jean	Horne	1999	OMTFA Championships
1500m	W70	6:30.79	Jean	Horne	16-Aug-2003	Richmond, BC
5000m	M35	13:31.30	Kevin	Sullivan	24-April-2009	Brutus Hamilton - Berkeley CA
5000m	M40	14:44.5	Michael	Gill	11-August-2019	Hamilton Last Chance, Hamilton, ON
5000m	M45	15:27.26	Jerry	Kooymans	29-Jul-2001	Ottawa, ON
5000m	M50	15:40.57	Jerry	Kooymans	26-Aug-2005	San Sebastian, ESP
5000m	M55	16:37.8	Stuart	Galloway	29-May-2016	Hamilton Twilight #1, Hamilton, ON
5000m	M60	17:30.7	Stuart	Galloway	22/25-July-21	AO Open Champs
5000m	M65	17:38.50	Ed	Whitlock	1-Jun-1997	OMTFA Championships
5000m	M70	18:33.38	Ed	Whitlock	7-Jul-2001	Brisbane, AUS
5000m	M75	19:07.02	Ed	Whitlock	23-Jul-2006	CMAA Champs Dieppe, NB
5000m	M80	20:58.12	Ed	Whitlock	19-June-11	CMA Championships, Varsity Centre
5000m	M85	24:03.99	Ed	Whitlock	14-August-2016	CMA Champs York Lions Stadium Toronto ON
5000m	W35	15:24.12	Sasha	Gollish	16-June-2017	Stumpdown Twilight, Portland, OR
5000m	W40	17:59.01	Cecelia	O'Neill	2004	OMTFA Championships
5000m	W45	18:33.50	Liz	MacGuire	11-August-2012	NCCWMA & Canadian Champs, Saint John, NB
5000m	W50	17:49.83	Kathryn	Martin	8-Aug-2002	Orono, ME
5000m	W55	18:47.61	Kathryn	Martin	2-Aug-2007	Orono, ME
5000m	W60	20:12.28	Makie	Ohler	1-Jul-22	WMA Champs Tampere
5000m	W65	22:46.11	Molly	Turner	2001	OMTFA Championships
5000m	W70	26:36.0	Judith	Kazdan	1990	OMTFA Championships

10000m	M35	31:37.36	Lucas	McAneney	22-Jun-24	OMA 10,000m Championships
10000m	M40	30:45.59	Michael	Gill	10-May-2019	ON 10000m Track Championships London, ON
10000m	M45	31:42.17	Jerry	Kooymans	12-Jul-2001	Hamilton, ON
10000m	M50	33:15.64	Jerry	Kooymans	31-Aug-2005	San Sebastian, ESP
10000m	M55	34:51.09	Stuart	Galloway	14-May-2016	London Distance Series #2, London, ON
10000m	M60	37:28.50	Ed	Whitlock	1993	OMTFA Championships
10000m	M65	36:31.52	Ed	Whitlock	1997	OMTFA Championships
10000m	M70	38:04.13	Ed	Whitlock	9-Jul-2001	Brisbane, AUS
10000m	M75	39:25.16	Ed	Whitlock	21-Jul-2006	CMAA Champs Dieppe, NB
10000m	M80	42:39.95	Ed	Whitlock	July, 2011	WMA Championships, Sacramento, CA
10000m	M85	51:07.53	Ed	Whitlock	12-August-2016	CMA Champs York Lions Stadium Toronto ON
10000m	W35	37:16.1	Laura	Lynn	1989	OMTFA Championships
10000m	W40	38:38	Diane	Palmason	1982	OMTFA Championships
10000m	W45	37:38.98	Diane	Palmason	17-Aug-1984	Ottawa, ON
10000m	W50	37:12.23	Kathryn	Martin	6-Aug-2004	Decatur, IL
10000m	W55	39:37.78	Kathryn	Martin	4-Aug-2007	Orono, ME
10000m	W60	42:36.18	Elizabeth	Waywell	5-July-2019	CMA Championships, Ste-Therese, QB
10000m	W65	46:29.13	Molly	Turner	3-Jul-2001	Brisbane, AUS
10000m	W70	51:49.27	Molly	Turner	28-Aug-2005	San Sebastian, ESP
Short Hurdles	M35	15.59	David	Valenzuela	6-July-2013	OMA Champs, Varsity Centre, Toronto, ON
Short Hurdles	M40	15.20	Scott	Tyler	18-Jul-1983	Houston TX
Short Hurdles	M45	15.60	Scott	Tyler	29-Jun-1985	Cleveland OH
Short Hurdles	M50	14.5	Scott	Tyler	22-Jun-1991	Wickliffe
Short Hurdles	M55	14.8	Scott	Tyler	24-Jun-1995	Hamilton ON
Short Hurdles	M60	15.35	Ward	Hazen	15-August-2015	WMA Championships, Lyon, FR
Short Hurdles	M65	16.07	Ward	Hazen	29-Jun-24	OMA Championships
Short Hurdles	M70	13.97	Richard	Lech	14-Sept-2018	WMA Championships, Malaga, ESP
Short Hurdles	M75	16.4	Karl	Trei	21-Jun-1986	OMTFA Championships
Short Hurdles	M80	15.69	Sardar Singh	Makkar	29-Jun-14	OMA Championships
Short Hurdles	M85	20.30	Karl	Trei	7-May-1994	Raleigh NC
Short Hurdles	W35	13.94	Leslie	Estwick	27-Jul-1997	Durban RSA
Short Hurdles	W40	11.00	Angela	Whyte	12-Sept-2020	NOC Mini Meet #2, St. Catharines, ON

Short Hurdles	W45	13.39	Leslie	Estwick	29-Jul-2009	Twilight #6 Ottawa
Short Hurdles	W50	15.38	Rhona	Trott	16-Aug-2003	Richmond BC
Short Hurdles	W55	14.31	Leslie	Estwick	4-November-2016	WMA Championships, Perth AU
Short Hurdles	W60	14.41	Rhona	Trott	July 2010	US Masters Championships, Sacaremto CA
Short Hurdles	W65	17.20	Rhona	Trott	4-November-2016	WMA Championships, Perth, AU
Long Hurdles	M35	1:05.90	Jared	Coyne	8-August-2022	OMA Championships
Long Hurdles	M40	1:00.26	Steve	Bogatek	1993	OMTFA Championships
Long Hurdles	M45	1:01.10	Glenn	Chipkar	2004	OMTFA Championships
Long Hurdles	M50	1:02.91	Marcus	Skeete	13-July-2019	Spanish Club Masters Champs, Madrid, ESP
Long Hurdles	M55	1:07.03	Rudolf	Valentine	1979	OMTFA Championships
Long Hurdles	M60	47.5	Earl	Fee	1991	OMTFA Championships
Long Hurdles	M65	45.71	Earl	Fee	16-Jul-1995	Buffalo, NY
Long Hurdles	M70	49.07	Earl	Fee	28-Aug-1999	Orlando, FL
Long Hurdles	M75	52.91	Earl	Fee	26-Aug-2005	San Sebastian, ESP
Long Hurdles	M80	36.95	Earl	Fee 200m	August 2010	NCCWMA Championships, Mayaguez PUR
Long Hurdles	M85	42.70	Earl	Fee	19-24 Aug-2014	NCCWMA Championships, San Jose, CR
Long Hurdles	W35	1:10.05	Maureen	Rodrigue	2002	OMTFA Championships
Long Hurdles	W40	1:12.70	Carol	Felepchuk	1998	OMTFA Championships
Long Hurdles	W45	1:12.92	Kate	Cochrane-Brink	9-August-2015	WMA Championships, Lyon, FR
Long Hurdles	W50	54.72	Diana	Cesaroni	11-Sept-2020	Friday Night Lights, Bolton, ON
Long Hurdles	W55	54.54	Rhona	Trott	5-Aug-2007	Orono, ME
Long Hurdles	W60	57.24	Rhona	Trott	2009	WMA Champs Lahti
Long Hurdles	W65	54.00	Karla	Del Grande	14/15-Aug-21	OMA Championships WR
Long Hurdles	W70	1:17.78	Ruth	Carrier	7-Jul-2001	Brisbane, AUS
Steeplechase	M35	9:56.69	Scott	Stevens	15-Sep-2007	WMA Champs Riccione
Steeplechase	M40	9:35.28	Alain	Boucher	30-Jun-2007	Ottawa, ON
Steeplechase	M45	9:52.35	Alain	Boucher	22-Jun-2008	OTFA Seniors - Ottawa
Steeplechase	M50	10:27.06	Chris	Deighan	17-July-11	WMA Championships, Sacramento, CA
Steeplechase	M55	11:04.34	Chris	Deighan	15-August-2015	WMA Championships, Lyon, FR
Steeplechase	M60	7:31.71	Jack	Geddes	6-Aug-1999	Gateshead, GBR
Steeplechase	M65	8:32.28	Vern	Christensen	2006	OMTFA Championships
Steeplechase	M70	9:07.08	Vern	Christensen	17-July-2011	WMA Championships, Sacramento, CA
Steeplechase	M75	9:47.96	Vern	Christensen	15-July-2016	US Masters Champs, Grand Rapids, MI

Steeplechase	W35	8:15.31	Karen	Hyslop	30-Jun-2008	OMTFA Championships, TTFC
Steeplechase	W40					
Steeplechase	W45	8:13.42	Kate	Cochrane-Brink	6-November-2016	WMA Championships, Perth AU
Steeplechase	W50	8:36.69	Kate	Cochrane-Brink	22-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Steeplechase	W55	9:33.80	Nanci Patten	Sweazey	15-July- 2011	WMA Championships, Sacramento, CA
Steeplechase	W60	10:47.88	Nanci	Patten	16-August-2015	WMA Championships, Lyon, FR
Steeplechase	W65	11:34.49	Nancy	Patten	1-Jul-22	WMA Championships Tmpere
5000m RW	M35	20:41.4	Arturo	Huerta	07-Jul-02	Toronto, ON
5000m RW	M40	27:25.32	Jianping	Xu	21-Jun-09	OMA Championships
5000m RW	M45	23:01.8	Jaan	Roos	14-Aug-82	Ottawa, ON
5000m RW	M50	23:04.0	Jaan	Roos	04-Aug-89	Eugene, OR
5000m RW	M55	25:29.0	Max	Gould	05-Jul-74	Gresham, OR
5000m RW	M60	25:18.01	Max	Gould	06-May-78	Raleigh, NC
5000m RW	M65	27:33.1	Max	Gould	1983	OMTFA Championships
5000m RW	M70	29:10.1	Max	Gould	18-Jun-88	Toronto, ON
5000m RW	M75	31:44.29	Max	Gould	19-Jun-92	Regina, SK
5000m RW	M80	39:57.4	Art	Key	1987	OMTFA Championships
5000m RW	W35	23:31.91	Joni	Bender	1999	OMTFA Championships
5000m RW	W40	26:08.14	Nancy	Sweazey	22-Jul-95	Buffalo, NY
5000m RW	W45	25:53.26	Nancy	Sweazey	2002	OMTFA Championships
5000m RW	W50	27:06.77	Nancy	Sweazey	2006	OMTFA Championships
5000m RW	W55	28:44.85	Linda	Wilson	29-July-2012	OMA Champs, Varsity Centre, Toronto, ON
5000m RW	W60	28:41.97	Kris	Kozell	28-June-2015	OMA Champs Terry Fox Stadium Brampton ON
5000m RW	W65	29:51.72	Kris	Kozell	7-July-2019	CMA Championships, Ste-Therese, QB
5000m RW	W70	33:53:58	Anne	De Thy	30-Jun-24	OMA Championships
5000m RW	W75	36:57.78	Jean	Horne	19-June-11	CMA Championships, Varsity Centre
5000m RW	W80	36:57.78	Jean	Horne	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
5000m RW	W85	41:55.90	Jean	Horne	4-September-2018	WMA Championships, Malaga, ESP
High Jump	M35	1.96	Zoltan	Sara	29-July-2012	OMA Champs, TTFC, Toronto, ON
High Jump	M40	1.92	Zoltan	Sara	12-August-2017	NCCWMA Champs, TTFC, Toronto, ON
High Jump	M45	1.76	David	Turkstra	28-June-2014	OMA Champs, Varsity Centre, Toronto, ON
High Jump	M50	1.85	Istvan	Major	13/Jul/2002	Toronto, ON

High Jump	M55	1.62	Don	Ritchie	28-July-2018	OMA Champs, York Lions Stad, Toronto ON
High Jump	M60	1.55	Don	Ritchie	19-Jul-22	UTTC Twilight #5 Toronto
High Jump	M65	1.45	Peter	Zowkewych	24/25-June-2017	US Decathlon Champs, Slippery Rock, PA
High Jump	M70	1.43	Peter	Zowkewych	27-Jul-21	Yutc Twilight #2 - TTFC
High Jump	M75	1.20	Stan	Seitz	29-Jul-23	OMA Championships
High Jump	M80	1.25	Karl	Trei	10/Jun/1995	Tilsonburg, ON
High Jump	M85	1.09	Earl	Fee	11-Sept-2016	Relay Ruckus, TTFC, Toronto, ON
High Jump	M90	0.93	Karl	Trei	10/Jul/1999	Sherbrooke, QC
High Jump	W35	1.86	Nicole	Forrester	29-June-2012	Canadian National Champs, Calgary, AB
High Jump	W40	1.66	Leslie	Estwick	2001	WMA Champs Brisbane
High Jump	W45	1.65	Maresa	Cadienhead	8-Aug-22	OMA Championships
High Jump	W50	1.37	Maria	Mallia	2005	OMTFA Championships
High Jump	W55	1.35	Kairy	Loucks	6-August-2022	OMA Championships
High Jump	W60	1.28	Sue	Hannon	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
High Jump	W65	1.19	Helgi	Pedal	1989	OMTFA Championships
High Jump	W70	1.16	Helgi	Pedal	31/May/1997	OMTFA Championships
High Jump	W75	1.11	Helgi	Pedal	12/Jun/1999	OMTFA Championships
High Jump	W80	1.04	Helgi	Pedal	19/Jun/2004	OMTFA Championships
Pole Vault	M35	4.75	Kevin	Lake	10/Jul/2005	Toronto, ON
Pole Vault	M40	4.45	Kevin	Lake	July, 2011	WMA Championships, Sacramento, CA
Pole Vault	M45	4.20	Geoff	Outerbridge	July, 2011	WMA Championships, Sacramento, CA
Pole Vault	M50	4.00	Vladimir	Kostric	25/Jun/1985	Rome, ITA
Pole Vault	M55	3.70	George	Barber	13-August-2017	NCCWMA Champs, TTFC, Toronto, ON
Pole Vault	M60	3.32	Brian	Magerkurth	23-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Pole Vault	M65	3.20	Stan	Egerton	20/Jul/1991	Turku, FIN
Pole Vault	M70	3.11	Bruce	Simpson	28-July-2020	World Masters Virtual PV Event, King, ON
Pole Vault	M75	2.85	Stan	Egerton	9/Jun/2001	OMTFA Championships
Pole Vault	M80	1.30	Helmut	Brosz	30-Jun-24	OMA Championships
Pole Vault	W35	3.35	Leslie	Estwick	4/Jul/2000	Flagstaff, AZ
Pole Vault	W40	3.00	Leslie	Estwick	2/Jul/2003	Carolina, PUR
Pole Vault	W45					
Pole Vault	W50	2.60	Gaby	Szanto	7-August-2015	WMA Championships, Lyon, FR

Pole Vault	W55					
Pole Vault	W60	1.90	Edith	Gray	10/Jun/1996	OMTFA Championships
Long Jump	M35	7.14	Clayton	Latham	6-May-2015	Speed River Twilight #1, Guelph ON
Long Jump	M40	6.80	Nigel	John	12-July-2014	CMA Champs, Varsity Centre, Toronto, ON
Long Jump	M45	6.63	Nigel	John	22-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Long Jump	M50	5.85	Jean-Pierre	Mayer	1999	OMTFA Championships
Long Jump	M55	5.58	Jean-Pierre	Mayer	2004	OMTFA Championships
Long Jump	M60	5.17	Alan	Slater	2003	OMTFA Championships
Long Jump	M65	5.00	Ed	Lukens	1988	OMTFA Championships
Long Jump	M70	4.13	Jean-Pierre	Mayer	22-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Long Jump	M75	3.92	Karl	Trei	1985	OMTFA Championships
Long Jump	M80	3.75	Karl	Trei	8/Jul/1989	Toronto, ON
Long Jump	M85	3.20	Karl	Trei	7/May/1994	Raleigh, NC
Long Jump	M90	2.55	Karl	Trei	12/Jun/1999	OMTFA Championships
Long Jump	W35	5.93	Leslie	Estwick	19/Jul/1997	Durban, RSA
Long Jump	W40	5.50	Leslie	Estwick	11/Jul/2003	Carolina, PR
Long Jump	W45	4.37	Kim	Ethier	30-July-2016	OMA Champs, Varsity Centre, Toronto, ON
Long Jump	W50	4.31	Kairy	Loucks	19-July-2019	NCCWMA Championships, TTFC, Toronto ON
Long Jump	W55	4.48	Kairy	Loucks	6-August-2022	OMTFA Championships
Long Jump	W60	3.77	Edith	Gray	1996	OMTFA Championships
Long Jump	W65	3.60	Edith	Gray	2001	OMTFA Championships
Long Jump	W70	3.05	Elga	Meri	25/Jul/1991	Turku, FIN
Long Jump	W75	2.48	Helgi	Pedel	2001	OMTFA Championships
Triple Jump	M35	13.49	Jonathan	Yunker	13-July-2014	CMA Champs, Varsity Centre, Toronto, ON
Triple Jump	M40	13.19	Todd	Crawford	2005	OMTFA Championships
Triple Jump	M45	12.39	Jonathan	Yunker	4-Aug-24	CMA Championships - Laval
Triple Jump	M50	12.82	Derek	Boosey	13/Oct/1993	Miyazaki, JPN
Triple Jump	M55	11.63	Mihai	Ene	13-August-2017	NCCWMA Champs YorkLions Stad Toronto ON
Triple Jump	M60	11.18	Thevarajan	Sinnathurai	13-July-2014	CMA Champs, Varsity Centre, Toronto, ON
Triple Jump	M65	10.69	Ed	Lukens	N/A	OMTFA Championships
Triple Jump	M70	9.04	Peter	Zowkewych	27-Jul-21	YUTC Twilight #2 - TTFC
Triple Jump	M75	6.27	Helmut	Brosz	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Triple Jump	M80	7.91	Karl	Trei	28/Apr/1989	Raleigh, NC

Triple Jump	M85	6.78	Karl	Trei	7/May/1994	Raleigh, NC
Triple Jump	M90	5.57	Karl	Trei	13/Jun/1999	OMTFA Championships
Triple Jump	W35	10.05	Helena	Petrechova	7-July-2013	OMA Champs, Varsity Centre, Toronto, ON
Triple Jump	W40	11.00	Michelle	Hastick-Cowell	12-Sept-2018	WMA Championships, Malaga, ESP
Triple Jump	W45	9.12	Audrey	Heimstra	26/Jul/1987	OMTFA Championships
Triple Jump	W50	8.83	Kairy	Loucks	21-July-2019	NCCWMA Champs, Varsity Std, Toronto, ON
Triple Jump	W55	8.92	Kairy	Loucks	6-August-2022	OMA Championships
Triple Jump	W60	6.96	Sue	Hannon	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Triple Jump	W65	6.25	Helgi	Pedal	1991	OMTFA Championships
Triple Jump	W70	6.62	Helgi	Pedal	23/Jun/1997	Durban, RSA
Shot Put	M35	15.78	Gintas	Degutis	07/20/2010	CMA Chamionships, TTFC, Toronto ONp
Shot Put	M40	16.17	George	Puce	Sep 6 1981	Stouffville, ON
Shot Put	M45	14.15	Peter	Ingleton	18-June-2011	CMA Championships, Varsity Centre
Shot Put	M50	14.71	Jim	Slepica	25-July-2012	Ottawa Lions Twilight Meet #5, Otawa, ON
Shot Put	M55	14.36	Jim	Slepica	15-Sept-2012	Stouffville, ON
Shot Put	M60	14.22	Jean-Pierre	Meyer	Sept 22 2007	Stouffville, ON
Shot Put	M65	11.15	Bill	Pearson	11-August-2017	Wgt Pent NCCWMA Champs, TTFC, Toronto, ON
Shot Put	M70	13.31	Jean-Pierre	Mayer	18-July-2019	NCCWMA Championships, Toronro, ON
Shot Put	M75	11.62	Garry	Bachman	Sep 6 1997	Toronto, ON
Shot Put	M80	11.00	John	Kasperski	29.June-24	OMA Championships
Shot Put	M85	10.56	Garry	Bachman	July 21 2007	Stouffville, ON
Shot Put	M90	8.44	Garry	Bachman	19-May-2012	Throws Pentathlon, Stouffville, ON
Shot Put	M95	5.90	Juri	Daniel	29-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Shot Put	W35	12.87	Marie-Josee	Le Jour	24-June-2014	National de Romans, Romans-sur-Isere, FR
Shot Put	W40	11.87	Bozena	Wojciekian	July ? 1995	Buffalo, NY
Shot Put	W45	10:59	Nikki	Anderson	29-Jun-24	OMA Championships
Shot Put	W50	11.18	Gaby	Szanto	17-July-2015	CMA Champs St. Catharines. ON
Shot Put	W55	10.42	Elizabeth	Hill	12-Sept-2015	Throwers Meet #3, Hamilton, ON
Shot Put	W60	10.61	Doreen	Garner	18-August-2018	ThrowersClub Meet #3, TTFC, Toronto, ON
Shot Put	W65	10.05	Doreen	Garner	21-July-2018	NCCWMA Champs, Varsity Std, Toronto, ON
Shot Put	W70	7.74	Velta	Tomsons	Oct 6 2000	Stouffville, ON
Shot Put	W75	8.52	Joanne	Den Iseger	28-Sep-21	Mohawk Sprorts Park - Hamilton

Shot Put	W80	7.37	Adri	Rowswell	6-August-2022	OMA Championships
Shot Put	W85	7.22	Velta	Tomsons	11-May-2013	TTFC, Toronto, ON
Shot Put	W90					
Shot Put	W95	1.25	Estelle	Ritchie	June 23 2007	Stouffville, ON
Discus	M35	61.76	Eric	Forshaw	May 14 2004	Lasalle, ON
Discus	M40	53.19	Mike	Ransky	15-Sept-2012	Stouffville, ON
Discus	M45	49.19	Jason	Tunks	18-Jun-21	AO Prep Meet - TTFC
Discus	M50	57.29	Mike	Ransky	29-Aug-21	AO Rising Stars - Hamilton
Discus	M55	42.93	Jean-Pierre	Mayer	June 6 2003	Toronto, ON
Discus	M60	50.31	Jean-Pierre	Mayer	Sept 22 2007	Stouffville, ON
Discus	M65	37.23	Bill	Pearson	5-August-2017	OMA Champs, Varsity Centre, Toronto, ON
Discus	M70	42.74	Jean-Pierre	Mayer	21-July-2019	NCCWMA Champs, TTFC, Toronto, ON
Discus	M75	32.52	Evalds	Viskers	2001	OMA Championships
Discus	M80	30.82	Garry	Bachman	June 9 2003	Stouffville, ON
Discus	M85	25.47	Garry	Bachman	May 26 2007	Stouffville, ON
Discus	M90	19.41	Garry	Bachman	19-May-2012	NEW CAN RECORD! Stouffville, ON
Discus	M95	13.23	Juri	Daniel	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Discus	W35	48.79	Marie-Josée	Le Jour	24-June-2014	National de Romans, Romans-sur-Isere, FR
Discus	W40	37.92	Diana	Jaam-Shahriari	June 11 2006	London, ON
Discus	W45	31.10	Nikki	Anderson	30-Jun-24	OMA Championships
Discus	W50	32.08	Joyce	Thomas	Aug 16 1997	Toronto, ON
Discus	W55	31.72	Kristin	Dajja	6-Jun-21	Project Athletics Fest - Pickering
Discus	W60	29.28	Doreen	Garner	18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Discus	W65	27.77	Doreen	Garner	25-May-2019	Throwers Club Meet #1, TTFC, Toronto, ON
Discus	W70	24.94	Doreen	Garner	23-Mar-2025	WMA Championships, Gainesville
Discus	W75	19.92	Adri	Rowswell	28-July-2018	OMA Champs, York Lions Stad, Toronto, ON
Discus	W80	18.39	Adri	Rowswell	8-August-2022	OMA Championships
Discus	W85	12.35	Velta	Tomsons	8-June-2013	TTFC, Toronto, ON
Discus	W90					
Discus	W95	2.33	Estelle	Ritchie	June 23 2007	Stouffville, ON
Javelin	M35	63.10	Marty	Withers	1998	OMA Championships
Javelin	M40	59.57	Marty	Withers	Aug 13 2000	Victoria, BC
Javelin	M45	57.52	Marty	Withers	June 19 2005	London, ON

Javelin	M50	57.40	Michael	Finkbeiner	28-Aug-2004	Dorado, PR
Javelin	M55	48.08	Fred	Pamenter	July 2 1994	Tonawanda, NY
Javelin	M60	40.43	Michael	Finkbeiner	17-20 July-2014	US National Champs, Winson-Salem, NC
Javelin	M65	37.76	Michael	Finkbeiner	16-May-22	National Senior Games - Ft Lauderdale FL
Javelin	M70	37.55	Brock	Pullen	23-June-2019	OMA Champs, Varsity Centre, Toronto, ON
Javelin	M75	29.64	Ed	Purgalis	1992	OMA Championships
Javelin	M80	21.65	Bob	Staveley	9-August-2014	Throwers Club Pentathlon, Hamilton, ON
Javelin	M85	22.46	Karl	Trei	Aug 7 1994	Edmonton, AB
Javelin	M90	17.74	Karl	Trei	June 13 1999	Toronto, ON
Javelin	M95	10.40	Atter Singh	Sekhon	4-August-2018	CMA Champs, South Surrey, BC
Javelin	W35	32.99	Marie-Josée	Le Jour	11-July-2014	Throws Pentathlon, Hamilton, ON
Javelin	W40	39.19	Michelle	Crispe	30-July-2023	OMA Championships
Javelin	W45	37.93	Kim	Ethier	14-August-2016	CMA Champs York Lions Stadium Toronto ON
Javelin	W50	36.99	Barb	Dabrowski	02-August-2009	WMA Championships, Lahti, Finland
Javelin	W55	36.60	Barb	Dabrowski	17-20 July-2014	US National Champs, Winson-Salem, NC
Javelin	W60	34.66	Barb	Dabrowski	13/15-Oct-2017	Nevada Senior Games, Las Vegas, NV
Javelin	W65	28.37	Barb	Dabrowski	30-June-24	OMA Championships
Javelin	W70	24.24	Elga	Meri	April 5 1992	Raleigh, NC
Javelin	W75	19.78	Elga	Meri	1996	OMA Championships
Javelin	W80	13.10	Adri	Rowswell	8-August-2022	OMA Championships
Hammer	M35	61.55	Jamie	Fahie	28-June-2009	Toronto, ON
Hammer	M40	60.14	Jamie	Fahie	30-June-2012	Canadian National Champs, Calgary Alta
Hammer	M45	57.80	Boris	Zaitchouk	July 19 1995	Buffalo, NY
Hammer	M50	60.35	Boris	Zaitchouk	June 9 2001	Toronto, ON
Hammer	M55	62.37	Boris	Zaitchouk	June 15 2003	Sherbrooke, QC
Hammer	M60	62.72	Boris	Zaitchouk	07/20/2010	CMA Championships TTFC, Toronto ON
Hammer	M65	57.42	Boris	Zaitchouk	October 2013	WMA Champs, Porto Alegre, BR
Hammer	M70	51.53	Boris	Zaitchouk	18-August-2018	Throwers Club Meet #3, TTFC, Toronto, ON
Hammer	M75	41.26	Emil	Muller	07/20/2010	CMA Championships TTFC, Toronto ON
Hammer	M80	40.41	Emil	Muller	17/18-July-2015	CMA Champs, St. Catharines, ON
Hammer	M85	29.80	Garry	Bachman	June 23 2007	Stouffville, ON
Hammer	M90	22.20	Garry	Bachman	16-June-2012	Throws Pentathlon, Stouffville, ON
Hammer	M95	6.09	Atter Singh	Sekhon	4-August-2018	CMA Champs, South Surrey, BC

Hammer	W35	50.65	Marie-Josee	Le Jour	15-August-2015	WMA Championships, Throws Pent, Lyon, FR
Hammer	W40	40.94	Ruth	Rezal	17-August-2019	Throwers Club Meet #3, TTFC, Toronto, ON
Hammer	W45	39.00	Ruth	Rezai	14/15-Aug-21	OMA Champs
Hammer	W50	41.25	Kristen	Dajia	11-May-2013	Throws Pentathlon, TTFC, Toronto, ON
Hammer	W55	41.84	Kristen	Dajia	22-Sept-2019	Fall Field Fest, Hamilton, ON
Hammer	W60	40.42	Kristen	Dajia	23-Mar-2025	WMA Championships, Gainesville
Hammer	W65	30.77	Rhona	Trott	23-May-2015	Throwers Meet #1, Mohawk Park, Hamilton,
Hammer	W70	18.82	Lucille	Green	13-Sept-2020	Back to Track, Brampton, ON
Hammer	W75	22.40	Joanne	Den Iseger	28-Sep-21	Mohawk Sports Park - Hamilton
Weight	M35	17.61	Jason	Baines	11-August-2015	WMA Championships, Lyon, FR
Weight	M40	12.77	Andrew	Armstrong	30-6-2024	OMA Championships
Weight	M45	13.27	George	Puce	Aug 24 1986	Stouffville, ON
Weight	M50	18.57	Boris	Zaitchouk	June 9 2001	Toronto, ON
Weight	M55	18.03	Boris	Zaitchouk	May 31 2003	Toronto, ON
Weight	M60	16.67	Jan	Graczyk	6-July-2013	OMA Champs, Varsity Centre, Toronto, ON
Weight	M65	14.42	John	Kasperski	27-June-2014	Weight Penta Varsity Centre Toronto ON
Weight	M70	15.28	John	Kasperski	26-June-2015	OMA Champs Weight Pent, Brampton ON
Weight	M75	15.18	Emil	Muller	July, 2011	WMA Championships, Sacramento, CA
Weight	M80	16.31	Garry	Bachman	June 8 2002	Stouffville, ON
Weight	M85	16.31	Garry	Bachman	Sept 10 2007	San Giovanni, Italy
Weight	M90	9.80	Garry	Bachman	19-May-2012	Stouffville, ON
Weight	M95	4.76	Atter Singh	Sekhon	4-August-2018	CMA Champs, South Surrey, BC
Weight	W35	16.77	Marie-Josee	Le Jour	17-May-2014	Throws Pentathlon. TTFC, Toronto, ON
Weight	W40	11.63	Kristen	Dajia	Aug 21 2004	Stouffville, ON
Weight	W45	11.26	Kristen	Dajia	5-Jul-09	OMA Throws Pentathlon
Weight	W50	13.04	Kristen	Dajia	11-May-2013	TTFC, Toronto, ON
Weight	W55	13.03	Kristen	Dajia	27-Sept-2020	Back To Track #5, Brampton, ON
Weight	W60	13.58	Kristen	Dajia	30-Jun-24	OMA Championships
Weight	W65	11.69	Doreen	Garner	20-July-2019	NCCWMA Champs, TTFC, Toronto, ON
Weight	W70	7.36	Lucille	Green	29-Jul-23	OMA Championships
Weight	W75	9.08	Miklos Den Iseger	Joanne	30-Jul-23	OMA Championships